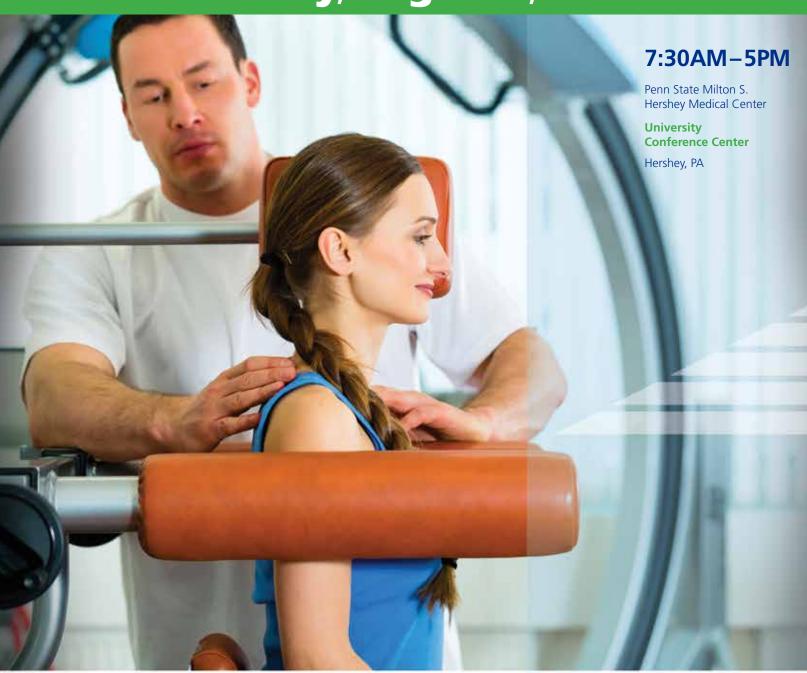
SPORTS Medicine Symposium

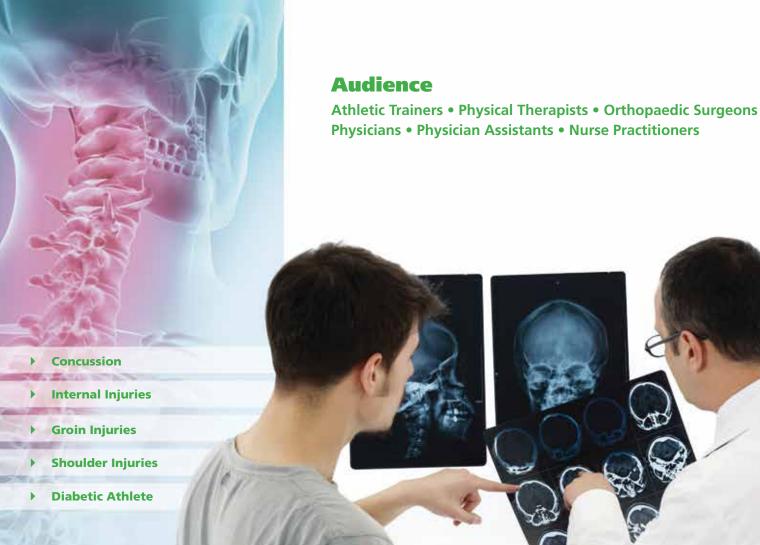
Tuesday, August 6, 2013



A continuing education service of Penn State College of Medicine and Penn State Hershey Bone and Joint Institute—in collaboration with CPRS Physical Therapy.







Planning Committee

Lynn Boutin, MA, ATC

Education Coordinator/Certified Athletic Trainer Red Land High School Central PA Rehabilitation Services

Course Director

Robert Gallo, MD

Assistant Professor of Orthopaedics and Rehabilitation Penn State Hershey Bone and Joint Institute

Jeff Shields, MEd, ATC

Director of Athletic Training Services Director of Wellness Central PA Rehabilitation Services

Credit

- ▶ 6.25 AMA PRA Category 1 Credit(s)™
- ▶ Application has been made to the PA State Board of Physical Therapy
- ▶ Recognized by NATA for Certified Athletic Trainers

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application has been made to the PA State Board of Physical Therapy for continuing education credits.

Penn State is recognized by the NATA Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

Faculty

April D. Armstrong, BScPT, MD, MSc, FRCSC*

Professor of Orthopaedics and Rehabilitation Penn State Hershey Bone and Joint Institute

Kevin Black, MD*

C. McCollister Evarts Chair Department of Orthopaedics and Rehabilitation

Mark Brown, MSPT, OCS, Cert. MDT

Regional Vice President, Residency Director, Clinic Manager Orthopedic Certified Specialist Certified Mechanical Diagnosis and Therapy CPRS

Robert Gallo, MD*

Assistant Professor of Orthopaedics and Rehabilitation Penn State Hershey Bone and Joint Institute

Matthew J. Kelly, MD

Orthopaedic Surgeon Orthopedic Institute of Pennsylvania Camp Hill, PA

Robert Kelly, PT, ATC*

Certified Athletic Trainer
Team Physical Therapist, Hershey Bears Hockey Club

Hyun-Min (Mike) Kim, MD*

Assistant Professor of Orthopaedics and Rehabilitation Penn State Hershey Bone and Joint Institute

Scott Lynch, MD*

Associate Professor of Orthopaedics and Rehabilitation Director of Sports Medicine Service

Cayce Onks, DO, MS, ATC*

Assistant Professor of Family and Community Medicine and Orthopaedics and Rehabilitation

George G.A. Pujalte, MD, CAQSM*

Assistant Professor of Family and Community Medicine and Orthopaedics and Rehabilitation

Matthew Silvis, MD*

Associate Professor of Family and Community Medicine and Orthopaedics and Rehabilitation Medical Director, Primary Care Sports Medicine

Daniel Stone, DPT, CSCS, CES, CEAS

Clinical Manager CPRS Physical Therapy Mount Joy, PA

John Wawrzyniak, PT, MS, ATC, CSCS*

Certified Athletic Trainer Strength & Conditioning Specialist Hershey Bears Hockey Club

* Penn State Milton S. Hershey Medical Center, Penn State College of Medicine, Hershey, PA

Program

7:00 Registration

7:30 Welcome and Opening Remarks

7:45 Sports Medicine in a Changing Health-Care System

- Review how financial pressures can impact the field of sports medicine
- Review how the development of health systems and networks of care impact sports medicine
- Review the evolving roles of different types of health care professionals in sports medicine

Kevin Black, MD

8:15 Evaluation and Treatment of Hip Injuries

- Identify pathologies that cause groin and hip pain
- Understand the high incidence of asymptomatic labral tears
- Understand how to identify hip morphologic differences
- Understand operative and non-operative treatment options
 Scott Lynch, MD

8:45 Abdominal and Thoracic Athletic Injuries

- Recognize how to appropriately triage athletes with blunt abdominal trauma
- Define return-to-play criteria for blunt abdominal injuries of the liver, kidney and spleen
- Describe the spectrum of pulmonary and cardiac injuries secondary to blunt thoracic trauma

Matthew Silvis, MD

9:15 The Diabetic Athlete

- Gain a general understanding of metabolism and physiology of exercise in patients with both Type 1 and 2 diabetes
- Introduce critical thinking strategies in improving glucose control in diabetic patients during physical activity

Daniel Stone, DPT, CSCS, CES, CEAS

9:45 Break/Exhibits

10:00 Concussion Recognition and Management Update

- Define concussion and recognize signs and symptoms of concussion
- Approach the treatment of concussion and better understand cognitive and physical rest during symptomatic period
- Identify the return-to-play process

Cayce Onks, DO, MS, ATC

10:30 Shoulder Injuries in Overhead Athlete

- Describe normal mechanics of common overhead sporting activities
- Differentiate between normal variations and pathologic entities in overhead athlete
- Review expected treatment outcomes following non-operative and operative treatment

Robert Gallo, MD

11:00 In-Season Management of Shoulder Dislocations and Separations

- Identify the pathology associated with shoulder dislocations and separations
- Recognize the need for urgent or early surgical consultation for shoulder dislocations and separations
- Relate the non-operative treatment of shoulder dislocations and separations and be able to recognize the failure of that treatment
- Identify the restrictions necessary with shoulder dislocations and separations

Matthew J. Kelly, MD

11:30 Neurologic Lesions of the Upper Extremity

- Identify common neurologic lesions
- Review exam findings
- Review treatment methods

Hyun-Min (Mike) Kim, MD

12:00 Lunch

1:00 BREAKOUT SESSION 1:

(Pick One)

Spine Board and Emergent On-Field Treatments Speaker TBA

 More Than Skin Deep: Dermatologic Conditions in Athletes George G. A. Pujalte, MD, CAQSM

2:00 BREAKOUT SESSION 2: (Pick One)

Hydration Speaker TBA

Common Eye Injuries
 Encountered in Athletic Activities

 Speaker TBA

3:00 BREAKOUT SESSION 3: (Pick One)

► ACL Reconstruction: Returning-to-Play After Rehabilitation Ends

John Wawrzyniak, PT, MS, ATC, CSCS Mark Brown, MSPT, OCS, Cert. MDT Robert Kelly, PT, ATC

Shoulder Physical Exam April D. Armstrong, BScPT, MD, MSc, FRCSC

4:00 Reception

5:30 Adjournment

This publication is available in alternative media on request.

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Fee

\$75 per person

Athletic Trainers: No Charge

Includes:

Instruction • Handout Materials
Refreshments • Lunch • Reception

Cancellation Policy

Cancellations received later than July 23, 2013 will incur a \$25 processing fee.

No refunds

After August 2, 2013

Substitutes are accepted at any time.

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute changes or cancellation. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

Accommodations

Accommodations are the responsibility of the program participant. A list of Hershey area lodging is available upon request or online at: pennstatehershey.org/web/quest/patientcare/patientvisitorinformation/lodging.

Access

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Registration

Registrations will be confirmed by email upon receipt of payment, authorization to bill, or a credit card guarantee.

If you do not receive a confirmation within two weeks, call 717-531-6483 to confirm your registration. Walk-ins and late registrations will be accepted if space is available.

Call 717-531-6483 Fax 717-531-5604

Email <u>ContinuingEd@hmc.psu.edu</u>

Mail Registrar, Penn State Hershey Continuing Education,

G220 P. O. Box 851, Hershey, PA 17033



Name (First Name, MI, Last Name)						Male (□ Female
Degree/Credentials		□ MD/DO	□ PA	□ NP	□ PT	□ AT	□ Other
Email Address (Print legibly. Used for confirmation/registration/program materials.)							
Home Address							
City	State						Zip Code
Daytime Phone			Cell Pho	One (For la	ast-minute	change or	r cancellation)
Hospital or Organization							
Specialty/Position							
Address (HMC/COM employees—dept. name/mail code)							
City	State						Zip Code
Special needs (Dietary, access, etc.)							
▼ Choose one selection from each Breakout Session:							
Breakout Session 1 ☐ Spine Board and Emergent On-Field Treatments ☐ More Than Skin Deep							
Breakout Session 2							
☐ Hydration☐ Common Eye Injuries							
Breakout Session 3							
□ ACL Reconstruction: Returning-to-Play After Rehabilitation Ends □ Shoulder Physical Exam	5						
Fee \$75 per person Athletic Trainers: No Charge							
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